



# Friends of Adult Day Health Care

*Proud supporters of the Yolo Adult Day Health Center for over 35 years!*

NEWSLETTER

SUMMER 2019

## Lending A Helping Hand

**Yolo Adult Day Health Center** can make such a difference to the lives of older and dependent adults and their families. Participant John Bachmeier is a perfect example. This 83 year old veteran grew up in North Dakota, one of 8 children of German descent. He had four children with his wife of 47 years and was the only one to move West to get away from cold weather, settling in Oregon. He was in the propane business all of his life and late in his career he started training others and travelled extensively with his wife which he truly enjoyed. They moved to Nevada to be closer to their daughter, where his wife died 18 years ago; "I miss her everyday" laments John. Meanwhile, the children settled in Hawaii, Portland, Woodland and Nevada.



John lived alone for 12 years in Nevada with his nearby daughter visiting daily and functioning as primary caregiver. He pursued woodworking in his shop, attended mass daily and worked as the maintenance man at church. However, concerns soon arose that he was no longer able to safely take care of himself. He was not eating well and forgetting to take his medications. Although he does not have a diagnosis of dementia, John has a list of medicines and diagnoses that would make your head spin, requiring filling and monitoring a pill box, 3 times a day respiratory treatments and a CPAP machine with oxygen at night. His activity is limited by COPD, and he is prone to pneumonia and heart failure, has been hospitalized and is now monitored by a VA video program every morning to manage his condition.

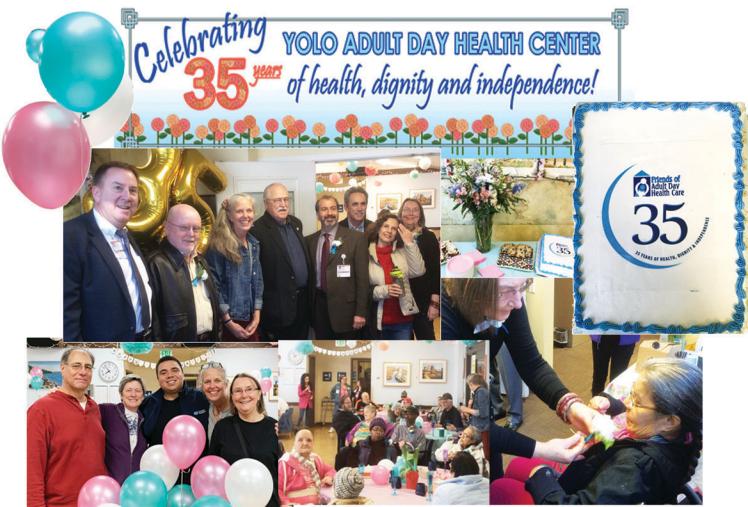
John moved to Woodland five years ago to live with his son and daughter-in law. Since they both work full time, John spent weekdays alone, raising concerns for his safety and general well-being. He is unsteady on his feet requiring a walker to get around. He would sometimes forget to eat lunch or take his medicine correctly. Most disturbing, John suffered several falls, one outside where he fell face first onto a fire hydrant requiring stitches, then last year a broken shoulder, which required a hospitalization

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## Happy Anniversary!

In 1984 Yolo Adult Day Health Center opened its doors after years of intensive planning, lobbying and fundraising. The local citizens spearheading efforts became known as **Friends of Adult Day Health Care**. While remaining an independent, all-volunteer organization, Friends has continued to support the Center, raising funds for capital improvements, busses and vans to transport participants to the Center, therapeutic equipment, and staffing for special programs.

To celebrate, Friends hosted an 1980s-themed Open House at the Center in February. Invited dignitaries and friends joined participants for cake, corsages, balloons and entertainment. We're proud of the role Friends has played in helping provide 35 years of health, dignity, and independence for frail and disabled adults.



## Together We Make a Difference!

Thanks to the combined efforts of our donors, Friends, Agency on Aging Area 4, and the Woodland Healthcare Foundation, two new Dodge Caravans were purchased for Yolo Adult Day Health Center.

Earlier this year, the Agency on Aging informed Center Director Dawn Myers that grant money was available for transportation needs if the Center could use the money by the end of June. The Friends Board voted unanimously to supplement the grant to purchase a van and Woodland Healthcare Foundation agreed to provide funds for a second van.

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# Imagine It!

This year marks our 35th anniversary! When the Center was designed in 1984 the idea of having 90 people enrolled at any one time seemed unimaginable. For the past five years, however, we have been operating at capacity with a quickly growing waiting list. It's not surprising given the demographic trend of living longer with far more chronic conditions than generations before us. Here at the Center, participants average six chronic diagnoses! Managing multiple health issues is difficult but when you add in a long list of medications, constant doctor's appointments, meals, showers, laundry, bills, yardwork, pets, house repairs, and housework living at home can become very complicated. That's where we come in! The goal of Yolo Adult Day Health Center is to enhance independence of frail adults by providing medical, social, rehabilitative, and recreational opportunities that provide support, motivation and opportunities to engage with others. In addition, caregivers receive needed support such as time-off, support groups, resource information, training and counseling.

We help people avoid unwanted emergency room visits and hospital stays. And we know with confidence that we can be the difference between living at home or not. BUT in order to be here for this community we need to double our space! **So watch for expansion news and learn about ways you can help make that possible!**

*"Imagine"* – John Lennon and Yoko Ono



(A Helping Hand...cont. from p. 1)

A social worker informed the family about the Center and suggested that John might benefit from individualized services known to provide a better quality of life and prevent premature nursing home placement in at risk adults. An introvert by nature who is "not a big conversationalist", John was very reluctant to go to the Center. He "dreaded" going, but now admits feeling comfortable and is "happy to be there". He recognizes that "it's important and gives me a sense of purpose, a reason to get out of bed in the morning."

John attends the center four days a week. A fan of history and mystery novels, he loves to read especially in the Sun Room. He also enjoys morning exercise and the ability to use a variety of gym equipment several times a week and looks forward to eating lunch with friends he has made. What he misses most is the ability to do his woodworking and daily mass, but he still attends church on Sunday and makes rosaries at home that he likes to give away. He is also looking forward to travelling to N. Dakota soon to visit his brother and sister not seen in 5 years. When asked what he most wants people to know, he stated "If I had known I was going to live this long I would have taken better care of my body" and that he is thankful for the "dedicated people" at the Center who are "very, very helpful to everybody." ☺

(Together... cont. from p. 1)



Friends surveyed local dealerships and selected Hoblit of Woodland to facilitate this purchase. After working diligently to meet the deadline, the vans were purchased on June 27 and delivered to the Center on July 1.

Providing safe, comfortable, and reliable transportation to and from the Center is a must for the Center's participants. Thanks to the generosity of our donors, the hard work of our local non-profits and businesses, we have made a difference in the lives of those in need of adult day health care in our community.

Friends wishes at this time to say 'THANK YOU" to all of those who were involved in this endeavor! ☺



## In brief...

- **THANK YOU** to all who helped make our participation in Big Day of Giving a resounding success!
- Our new website will be up and running later this summer. Visit us to learn about the work we do on behalf of frail and disabled adults and the many ways you can help:  
**Friends of ADHC.org**
- As part of our 35th Anniversary celebration, Friends of ADHC will host a picnic for Center staff and family later this fall as a show of our appreciation for all they do to make the Center the excellent source of health care that it is.

## Because of Volunteers "We Can"

Volunteers make our program even brighter. Do you have a special talent to share? We know our community is full of talent and we have just the place to share it with others! Do you knit, play piano, tie fishing flies, sing, do wood work, or garden? Or maybe you golf, paint, play drums, do yoga, or write? And for the hundreds of other suggestions not listed, we would love if you would consider sharing your talent or just yourself with us. For more information about volunteering at the Center, contact Beth Conn-Ossenfort at (530) 666-8828.

*"Those who bring sunshine to the lives of others cannot keep it from themselves." James Mathew Barrie, Creator of Peter Pan*



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August 12, 2019

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Dear Friend,

Although I have only had the privilege of volunteering with **Friends of Adult Day Health Care** for just over four years, the organization has been selflessly contributing to our community for the last thirty-five years. Happy Anniversary Friends!

Friends of ADHC continues to be an all volunteer group of individuals who raise funds for, and awareness of, the need for adult day health care. Just this year alone, Friends of ADHC has supported **Yolo Adult Day Health Center** by partnering with local businesses and non-profits to purchase two new transportation vans, and participating in the Big Day of Giving to raise funds for the Center's programs. We also successfully applied to be the recipient of proceeds from **Luna Vista Rotary's** annual fundraiser, the **Yolo Brewfest**, to be held at the end of August. In addition, we provided general support and helped raise community awareness by hosting a 35th Anniversary celebration at the Center in February and will host an employee appreciation picnic early this fall.

Of course, this was only possible because of the generosity of our donors. Please consider donating to Friends so that we may continue on with our mission to support those in need of adult day health care in our community.

Thank you.

Best Regards,

Brian K. Garlick, President  
**Friends of Adult Day Health Care**



Friends of  
Adult Day  
Health Care

# 35

35 YEARS OF HEALTH, DIGNITY & INDEPENDENCE

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## An innovative way to support us:

**Friends of Adult Day Health Care** has been selected as the recipient of proceeds from the 2019 **Luna Vista Rotary Club's** annual fundraiser: the **YOLO BREWFEST**. The event will be held in Woodland's Heritage Plaza and Main Street on

**Saturday, August 31st, 2019 from 4-8 pm.**

Beer tastings from 30+ breweries will be featured along with food from local gourmet restaurants and musical entertainment. Non-alcoholic beverages will also be available.

**Come join the fun** while supporting an organization that works tirelessly to better the lives of the our community's frail and disabled adults! For more information and to purchase tickets visit:

<https://yolobrewfest.com>

